

PSYCHOLOGICAL Test for Five Element Personality
From *Between Heaven and Earth*
Harriet Beinfield & Efrem Korngold, 1991, p. 147-149

Scoring

3 = strongly typifies me

1 = somewhat typifies me

0 = ambivalent or indifferent

-2 = not at all like me

Section A

- ___ be honest, even blunt, though not necessarily tactful or diplomatic A
- ___ be cautious and sensible A
- ___ enjoy frequent periods of solitude and introspection A
- ___ enjoy indulging my imagination and curiosity A
- ___ keep my feelings, thoughts, and opinions to myself A
- ___ be content being anonymous or on the periphery of social events A
- ___ be considered unusual or eccentric A
- ___ be involved in intellectual pursuits A
- ___ be content with a few good friends and minimal social activities A
- ___ be content figuring things out for myself A
- ___ be careful about what I reveal to other people A
- ___ be a stubborn defender of the truth as I see it A
- ___ be patient and persevering in spite of defeats or dead ends A
- ___ be objective and dispassionate A
- ___ feel self-sufficient in or out of a relationship A
- ___ choose privacy over intimacy, solitude over socializing A
- ___ be critical and skeptical while observing people and events from a distance A
- ___ pursue my own interests regardless of what others consider important A
- ___ enjoy projects that don't involve other people A
- ___ remove myself from everyday affairs and turn inward to quietly reflect upon the place of my life in the grand scheme of things A

___ x 3 = _____

___ x 1 = _____

___ x 0 = _____

___ x -2 = _____

Total A = _____

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Section B

- ___ feel confident and act assertively B
- ___ enjoy being competitive and ambitious B
- ___ feel powerful and invulnerable B
- ___ reluctantly acknowledge other people as my equals B
- ___ openly discuss my abilities and achievements with others B
- ___ be comfortable with conflict or pressure B
- ___ enjoy being first, best, unique, or even outlandish B
- ___ act with confidence and assurance regardless of what others may think or feel B
- ___ make quick decisions and commit myself to a course of action even if the odds are not in my favor B
- ___ be comfortable with difficult tasks or emergencies that demand “thinking on my feet” B
- ___ feel that I’m right even if others strongly disagree
- ___ feel good about following my instincts and satisfying my impulses B
- ___ be direct or provocative even if it causes discomfort or embarrassment to others B
- ___ take pleasure in public recognition and admiration of my talents and achievements B
- ___ be comfortable leading or directing others B
- ___ follow my own hunches about what is right or wrong B
- ___ to take the lead when it is necessary to get things done quickly and effectively B
- ___ act boldly and decisively even if I don’t have all the expertise or information that I need B
- ___ enjoy the process of striving against the odds for its own sake B
- ___ to want to reject or argue with other people’s appraisals of me B

___ x 3 = _____

___ x 1 = _____

___ x 0 = _____

___ x -2 = _____

Total B = _____

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Section C

- ___ be animated and enthusiastic C
- ___ enjoy the pleasure of my senses C
- ___ easily know what another thinks and feels C
- ___ enjoy physical contact and emotional intimacy C
- ___ be comfortable in a very stimulating environment C
- ___ openly share my innermost feelings and desires C
- ___ live in the here and now and not worry about the future or dwell on the past C
- ___ see the humorous side of life C
- ___ thoroughly enjoy getting what I want and need C
- ___ be tender, intimate, and vulnerable with another person C
- ___ be comfortable receiving and showing affection and pleasure C
- ___ enjoy being moved emotionally C
- ___ easily become completely involved in the events going on around me C
- ___ become deeply identified with the feelings, thoughts, and experiences of another C
- ___ be emotionally sensitive, responsive, and intuitive C
- ___ remain optimistic and hopeful in spite of what others may say or believe C
- ___ be completely open and exposed C
- ___ identify and empathize with another's joy or pain C
- ___ be unabashed in showing enthusiasm and excitement C
- ___ enjoy being attractive and magnetic C

___ x 3 = _____

___ x 1 = _____

___ x 0 = _____

___ x -2 = _____

Total C = _____

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Section D

- ___ be nurturing and supportive D
- ___ put the needs of others before my own D
- ___ enjoy frequent socializing with friends and family D
- ___ care for others and try to satisfy their needs D
- ___ enjoy being relied upon for reassurance and help D
- ___ enjoy being the hub of my social and family network D
- ___ be agreeable and accommodating D
- ___ enjoy settling disputes so that all parties are satisfied D
- ___ help people work together in a harmonious manner D
- ___ create a relaxed and comfortable environment in which very different people can enjoy being together D
- ___ be loyal and accessible to the people who are my friends, relations, or in some important way involved in my life and work D
- ___ get involved in other people's lives D
- ___ enjoy maintaining many diverse, even conflicting, relationships D
- ___ be diplomatic and tactful D
- ___ rely on the skill and intelligence of others D
- ___ accept other people's characterizations of who I am D
- ___ enjoy just being in the company of other people D
- ___ sympathize with the circumstances of others D
- ___ find ways to resolve conflict and bring about agreement D
- ___ get close enough to need another person D
- ___ be comfortable and sociable with people I don't know well D

___ x 3 = _____

___ x 1 = _____

___ x 0 = _____

___ x -2 = _____

Total D = _____

Section E

- maintain a neat and orderly personal life-style E
 enjoy a convivial but undemanding social life E
 be in control of my environment and the way I do things E
 be strongly committed to my moral principles and standards of conduct
 feel secure and confident in my work when I know that everyone that everyone is following proper procedures E
 enjoy tasks that require logical, analytical, and systematic approaches to problem-solving E
 appreciate being thought of as meticulous and discriminating E
 think of myself as being impeccable and above reproach E
 be self-contained and not overly involved in other people's affairs E
 work easily and efficiently in situations where goals and guidelines are well defined E
 be appreciated or admired for my skill and expertise rather than my personality or emotional enthusiasm E
 be judged or evaluated according to objective criteria rather than personal biases or intuitions E
 accept the authority of those with more competence E
 be systematic and methodical in my work E
 enjoy the process of solving puzzles and mysteries E
 be content with few close attachments or demanding relationships E
 put virtue and principles before pleasure and fulfillment E
 restrain myself in expressing my feelings or opinions E
 enjoy temperance and moderation E
 be tasteful and discriminating

_____ x 3 = _____

_____ x 1 = _____

_____ x 0 = _____

_____ x -2 = _____

Total E = _____

Element Totals

A = Water _____

B = Wood _____

C = Fire _____

D = Earth _____

E = Metal _____